

**Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (currently amended): A golf swing training apparatus for teaching a proper golf swing for hitting a ball having a given diameter, said apparatus comprising:

a) an elongated shaft having a lower end and an upper end, said upper end including a hand grip; and

b) a club head attached to said lower shaft end, said club head having a ball striking face, a backside face and a ball-capturing cavity within said club head, said cavity opening to a circular ball-receiving aperture centered on said ball-striking face, wherein said ball receiving aperture ~~is sized to receive a golf~~ has a diameter slightly larger than the given diameter of the ~~ball sized object~~, and wherein said ball-capturing cavity is decreasingly tapered such that ~~[[a]] golf the ball sized object~~ entering said ball-receiving aperture as a result of a proper golf swing will be lodged within said ball-capturing cavity.

2. (original): The apparatus of claim 1, wherein said club head is made from materials including combinations thereof selected from the group consisting of metal, wood and plastics.

3. (original): The apparatus of claim 1, wherein said apparatus has a club head weight between 190 and 210 grams.

4. (original): The apparatus of claim 1, wherein said apparatus has a club head volume between 300 cc and 500 cc.

5. (original): The apparatus of claim 1, wherein said ball-capturing cavity is a molded recess.

6. canceled.

7. (currently amended): The apparatus of claim 1, wherein said ball-capturing cavity is a conical bore ~~having a maximum diameter slightly larger than an officially sized golf ball and a minimum diameter slightly smaller than an officially sized golf ball.~~

8. (original): The apparatus of claim 1, further including a practice golf ball that will elastically deform as it lodges within said ball-capturing cavity.

9. (original): The apparatus of claim 8, wherein said practice golf ball is a restricted flight ball made of an elastomeric material.

10. (original): The apparatus of claim 1, further including an elastically deformable surface that lines said ball-capturing cavity.

11. (original): The apparatus of claim 1, further including a mat having an integral elastic golf tee for holding a practice golf ball.

12. (original): The apparatus of claim 11, wherein said mat is made of artificial grass.

13. (original): The apparatus of claim 11, wherein said elastic golf tee is made of rubber.

14. (original): The apparatus of claim 1, further including a ball extraction tool for removing a practice golf ball lodged within said ball-capturing cavity.

15. (original): The apparatus of claim 14, wherein said ball extraction tool is made from an elongated rod that inserts through an opening through said club head into said ball-capturing cavity.

16. (original): The apparatus of claim 15, wherein said opening is a bore extending from said club head backside face into said ball-capturing cavity.

17. (currently amended): A method for teaching a proper golf swing, said method comprising steps of:

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providing a practice golf ball having a given diameter that will elastically deform as it lodges within said ball-capturing cavity;

providing a practice golf club having a club head with a ball striking face and a ball-capturing cavity within said club head, said ball-capturing cavity opening to a circular aperture centered on said ball-striking face, wherein said circular aperture ~~is sized to receive an officially-sized~~ has a diameter slightly larger than the given diameter of said practice golf ball and wherein said ball-capturing cavity is decreasingly tapered such that ~~an officially-sized golf ball~~ said practice golf ball entering said ball-receiving aperture will be captured within said ball-capturing cavity;

~~providing an officially-sized practice golf ball that will elastically deform as it lodges within said ball-capturing cavity;~~

providing a playing surface with a properly set golf tee for holding said golf ball within a swing plane of said practice golf club;

placing said golf ball on said golf tee; and

swinging said golf club in an attempt to strike said practice golf ball with the center of said club head striking surface such that said practice golf ball is captured within said ball-capturing cavity.